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EGGS

a good choice for the thrifty family

EGGS

help us to grow
help build good
muscle and blood



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PROCUREMENT SECTION
CURRENT SERIAL RECORDS

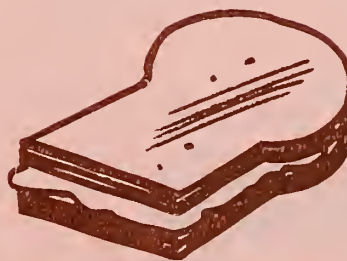
Eat EGGS for Breakfast
or Lunch or Dinner



Eat EGGS in Desserts



Eat EGGS in Sandwiches



KEEP EGGS (COOKED OR UNCOOKED)
IN REFRIGERATOR OR OTHER COLD PLACE

FNS-25 (Formerly C&MS-42)

U.S. Department of Agriculture • Food and Nutrition Service • Agricultural Research Service

- Fluid milk made from nonfat dry milk may be used in these recipes.

When eggs are used alone or in a recipe:

- Use only clean eggs with no cracks in the shell when eggs are cooked a short time or at a low temperature.
- Use cracked or soiled eggs only when they are well cooked.

FRIED EGGS

Melt a little fat in a fry pan.

Break eggs and put in pan. Sprinkle with salt and pepper, as you like.

Cook over low heat on one or both sides.

FRIED EGG SANDWICH

Serve fried eggs on toast or between slices of bread. Add catsup, if you like.

SCRAMBLED EGGS

6 eggs

3 tablespoons or $\frac{1}{3}$ cup fluid milk

Salt and pepper, as you like

Break eggs and put in a bowl.

Add 3 tablespoons milk for dry scrambled eggs or $\frac{1}{3}$ cup milk for creamy eggs.

Add salt and pepper. Beat.

Pour in a heated, greased fry pan. Cook and stir over medium heat until well cooked and firm.

Makes 6 servings.

Note: For 1 serving, use 1 egg and 1 tablespoon fluid milk.

CHEESE SCRAMBLED EGGS

Use recipe for Scrambled Eggs. Before cooking, add $\frac{1}{2}$ cup cut-up cheese.

FRENCH TOAST

4 eggs

$\frac{2}{3}$ cup fluid milk

$\frac{1}{4}$ teaspoon salt

12 slices bread

Margarine or butter for browning

Beat eggs. Add milk and salt.

Spread a little margarine or butter in a heated fry pan.

Dip bread in egg mixture. Cook in fry pan over low heat until browned on one side.

Turn bread, putting a little more margarine or butter under each slice. Brown other side.

Makes 6 servings, 2 slices each.

SOFT- OR HARD-COOKED EGGS

Put eggs in shell in a pan and cover with water. Heat to boiling.

For soft-cooked eggs cover pan and remove from heat. Let stand 5 minutes.

For hard-cooked eggs lower heat and cook 20 to 25 minutes. Serve eggs hot, or cool quickly in cold water.

SLICED EGG SANDWICH

Use sliced, hard-cooked eggs for sandwich filling. Spread the bread with mayonnaise or salad dressing and add a little catsup, if you like, before adding egg.

EGG SALAD

6 hard-cooked eggs

$\frac{1}{3}$ cup pickle relish

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

2 tablespoons mayonnaise or salad dressing

Chop the eggs.

Mix all ingredients.

Makes 6 servings, $\frac{1}{3}$ cup each.

EGG SALAD SANDWICH

Use recipe for Egg Salad. Put mixture between slices of bread to make 6 sandwiches.

DEVEILED EGGS

6 hard-cooked eggs
1/4 cup mayonnaise or salad dressing
1 teaspoon prepared mustard
1/2 teaspoon vinegar
1/4 teaspoon salt
Pepper, as you like
Paprika, if you like

Peel eggs and cut them in half lengthwise. Remove yolks.

Mash yolks with mustard, vinegar, salt, and pepper until smooth.

Fill egg whites with yolk mixture. Sprinkle with paprika (if used).

Makes 6 servings, 2 deviled eggs each.

CREAMED EGGS

1/4 cup fat (margarine or butter)
1/4 cup flour
2 teaspoons prepared mustard
1 teaspoon salt
3 cups fluid milk
6 hard-cooked eggs
Toast or biscuits, as you like

Melt fat in a pan. Stir in flour, mustard, and salt.

Add milk slowly, stirring until smooth. Cook and stir until thickened.

Slice eggs and add to sauce. Do not stir. Heat slowly just until hot.

Serve on toast or biscuits.

Makes 6 servings, about 3/4 cup each.

CUCUMBER-EGG SALAD

1 small head lettuce
1 cucumber
1/2 green pepper, if you like
2 hard-cooked eggs
3 tablespoons salad dressing
Salt and pepper, as you like

Tear lettuce into bite-size pieces.

Slice cucumber, green pepper (if used), and eggs. Add to lettuce.

Add salad dressing, salt, and pepper. Mix gently.

Makes 6 servings, about 3/4 cup each.

TUNA SCRAMBLE

6 eggs
1 can chunk tuna (6 1/2 to 7 ounces)
1/4 cup fluid milk
2 tablespoons melted fat (margarine or butter)
1/2 teaspoon salt
Toast, as you like

Beat eggs.

Drain tuna. Break in large pieces in with eggs.

Add milk, fat, and salt. Mix.

Pour into a greased baking pan. Bake at 350° F (moderate oven) 15 to 20 minutes until firm. Stir once during baking.

Serve on toast.

Makes 6 servings, 1/2 cup each.

CORN PUDDING

1 cup fluid milk
2 cups canned cream-style corn
2 tablespoons fat (margarine or butter)
4 eggs
1 tablespoon sugar
1 tablespoon flour
1 teaspoon salt
Pepper, as you like

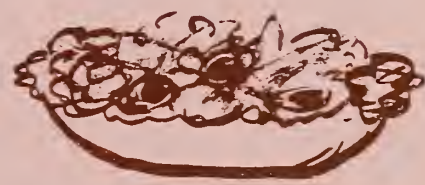
Put milk, corn, and fat in a pan. Heat until hot but not boiling.

Put eggs, sugar, flour, salt, and pepper in a large bowl. Beat until smooth.

Pour and stir corn mixture slowly into eggs. Put in baking pan.

Bake at 350° F (moderate oven) 40 to 45 minutes until a knife stuck in center comes out clean.

Makes 6 servings, about 2/3 cup each.



POTATO-CHEESE PUFF

½ small onion
3 eggs
¼ cup fluid milk
3 cups prepared mashed potatoes (see Note)
2 cups cut-up cheese

Finely chop onion. Beat eggs.

Mix all ingredients.

Pour into greased baking pan. Bake at 375° F (moderate oven) about 50 minutes until a knife stuck in center comes out clean. Serve at once.

Makes 6 servings, about 1 cup each.

Note: Use mashed potatoes made from fresh potatoes or dry instant potatoes.

CORN FRITTERS

1 ¼ cups flour
2 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
¼ medium-size green pepper, if you like
2 eggs
¾ cup fluid milk
About 2 cups cooked or canned whole kernel corn, drained

Mix flour, baking powder, salt, and sugar in a bowl. Set aside.

Finely chop green pepper (if used). Beat eggs well.

Stir eggs, milk, green pepper, and corn into flour mixture, all at once.

Drop mixture from tablespoon in heated, greased fry pan. Cook slowly until browned on one side. Turn and brown other side.

Makes 24 fritters.



JELLY ROLL

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
3 eggs
1 cup sugar
⅓ cup water
1 teaspoon vanilla
¼ cup confectioners sugar
¾ cup jelly

Mix flour, baking powder, and salt. Set aside.

Beat eggs with a rotary beater about 5 minutes until heavy peaks stay on beater when lifted.

Beat in sugar, a little at a time.

Gently mix in water and vanilla.

Gently mix in flour mixture.

Line a large, flat pan with wax paper. Grease the paper. Pour batter in pan about ½-inch deep.

Bake at 375° F (moderate oven) about 15 minutes until just firm in center when lightly touched.

Cover a wax paper with most of the confectioners sugar. Turn cake upside down onto sugar.

Wait 2 minutes and peel wax paper from cake. Let cool.

Spread with jelly. Roll up. Sprinkle with rest of confectioners sugar.

CUSTARD PIE

4 eggs
½ cup sugar
½ teaspoon salt
2 ½ cups fluid milk
1 teaspoon vanilla
Nutmeg, if you like
Unbaked 9-inch single pie crust

Beat eggs in a large bowl.

Add sugar, salt, milk, and vanilla. Beat well. Pour in unbaked pie crust.

Bake at 425° F (hot oven) about 30 minutes until a knife stuck in the center comes out clean.